

## Important

Before you start practicing, read the [DECLARATION OF LIABILITY](https://oanaratiu.com/declaration.pdf) on>>  
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# WHEN NOTHING ELSE WORKS – tapping

OANA RATIU

**Practice time, on average:**  
10-15 minutes

## USEFUL TIP

On the next page you can find a picture with the tapping points. On the link below, you can find more useful information about EFT

<https://www.oanaratiu.com/eft-tapping-info.pdf>

## **In which cases, how often and to whom I recommend this practice:**

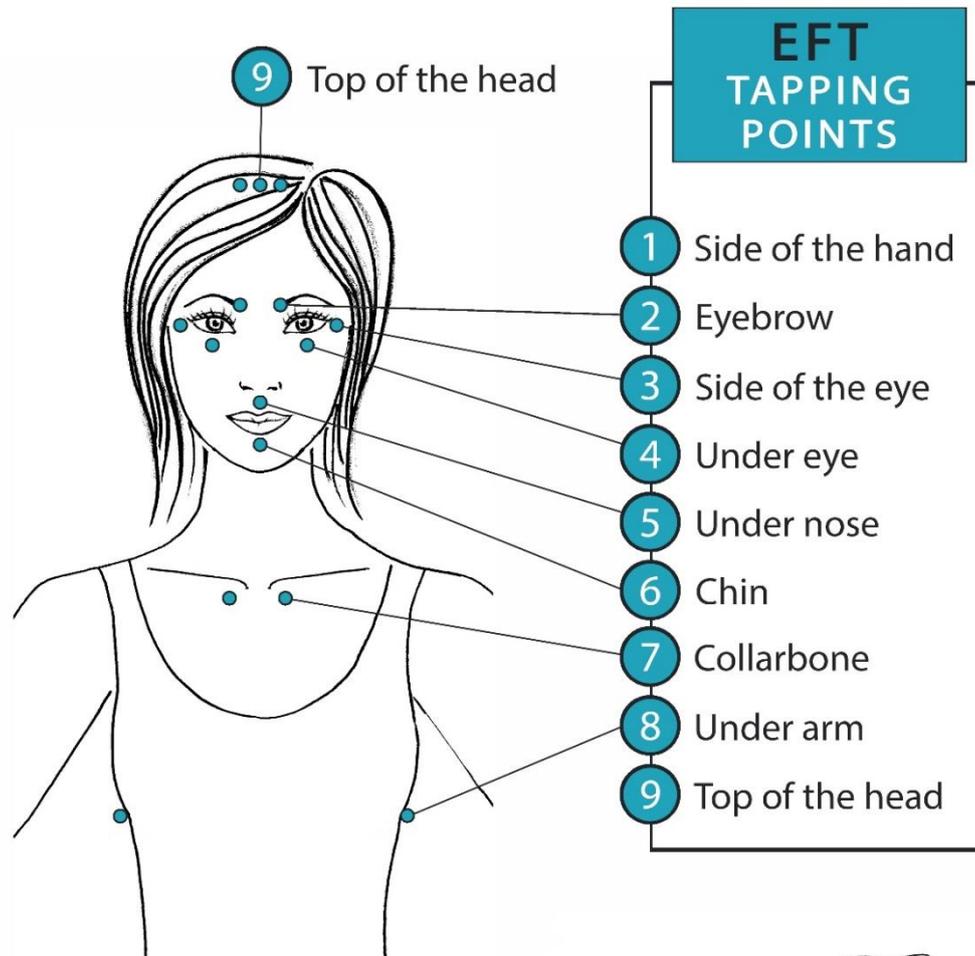
Use this practice in those days when you feel like your feelings are overwhelming you and no matter what you do, nothing helps you feel calmer.

## **Practice description:**

Find a place where you can sit comfortably and allow yourself to be with the feelings that may arise. Place your hands one above the other on your heart and take a few deep breaths. Feel your chest rise and fall with each breath, then your belly, the deeper your breath gets. Let yourself get more present in this moment and allow yourself to name your emotions you are having.

**Acknowledge that whatever feeling you are experiencing now, it is ok to feel.**

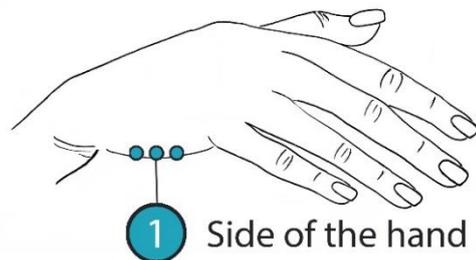
It might be helpful to write down the intensity of the feeling you are having, so you can measure the shift after a few rounds of tapping. 0 - being the place where you are neutral to the feeling, you do not feel anything – 10 being “it can’t get any worse or stronger than this” Please feel free to use this tapping exercise as a template. Name the feelings that are true and coming up for you, go with your own wording. This is important and makes the practice really effective. Using your own wording mirrors how you really feel about a particular situation and that is when change can happen with EFT. Adjust the text to your needs.



### EFT = the Emotional Freedom Technique = Tapping

EFT is a stress-relieving, self-healing and personal development method. When using EFT we gently and rhythmically touch the tapping points on the face, upper body, and hands (= meridian endpoints) using the fingertips.

While tapping, we say (outloud or silently) the words or phrases that are most relevant to our particular problem or challenge. It's a method that can be used anytime, it does not require pre-training or tools.



## Tap on the side of the hand and say out loud or silently to yourself:

Even though I feel so overwhelmed, and in pain right now, I deeply and completely love and accept myself and all my feelings. *(Take a deep breath!)*

Even though I am doing the best I can and I still can't seem to get it together I accept myself and where I am now. *(Take a deep breath!)*

Even though I'm not sure I will ever get over this feeling I am willing to take it day by day and allow myself to heal in my own time. *(Take a deep breath!)*

## Tap on the points in your own time:

|                  |  |
|------------------|--|
| Eyebrow:         | all this pain I have inside                                    |
| Side of the eye: | all this overwhelm and sadness                                 |
| Under eye:       | I can feel it in every cell of my body                         |
| Under nose:      | it's so strong it hurts  |
| Chin:            | I can't seem to get over it, no matter what I do               |
| Collarbone:      | this overwhelming feeling that is stuck with me                |
| Under arm:       | it is so hard  |
| Top of the head: | I don't know if I will ever feel better, even though I want to |

*Take a slow, deep breath and keep on tapping!*

|                  |   |
|------------------|---|
| Eyebrow:         | this overwhelming feeling   |
| Side of the eye: | I can still feel part of it   |
| Under eye:       | I feel it in my heart   |
| Under nose:      | this is so painful to live with                                     |
| Chin:            | this loss that I am feeling   |
| Collarbone:      | but I choose to respect and allow myself to feel sad when I need to |
| Under arm:       | for as long as I need to be, as I know this is a process            |
| Top of the head: | I completely accept myself and where I am now                       |

*Put your hands on your heart as you take a deep breath, remain in this space for few moments.*

What is the intensity of your feeling now, comparing to when you started tapping?

If you still feel it to some degree, feel free to go on and do some more rounds of tapping until you feel that the intensity is down between 0 and 2. When you feel that, start to do the positive tapping below:

## When you feel ready, start the positive tapping below:

Eyebrow: maybe I can allow for this pain and sadness to transform  
Side of the eye: little by little  
Under eye: I allow myself to feel better  
Under nose: just as much as it is safe for me today,  
Chin: I choose to appreciate the process I am in  
Collarbone: and to feel calmer now  
Under arm: it is ok to feel calmer  
Top of the head: I am doing the best I can, and this is enough now

*Take a slow, deep breath and keep on tapping!*

Eyebrow: I allow myself to feel more at peace,  
Side of the eye: it is safe and ok to feel a little more at peace today  
Under eye: I am doing the best I can at every moment  
Under nose: I choose to feel calmer and honor my feelings  
Chin: thank you, my heart and my body for allowing healing to take place,  
just a little more today  
Collarbone: with every breath, I feel more at ease  
Under arm: and I welcome this feeling of ease and peace  
Top of the head: I let myself feel it more and more, with each moment.

*Take a few deep breaths and be present with the feelings you are experiencing now.*

How are you feeling? Do you feel some relief?

Thank you for giving yourself permission to try, and also for sharing your experience with me. I would love to hear about your healing process and how was this experience for you. You can reach me at: [info@oanaratiu.com](mailto:info@oanaratiu.com)

Good luck and enjoy tapping!

Love,  
Oana

*You can find this practice on <https://oanaratiu.com> as part of the „Life after loss” article. <https://www.oanaratiu.com/blog/life-after-loss/>*